

Das stille Leuchten: Die Wiedereroberung der Gegenwart
(*The Silent Glow: Recovering the Present*)

by Anja Krug-Metzinger

Documentary film, 1hr 28 mins, 2018

This magnificent film shows us what happens when young people of various ages, backgrounds and interests are introduced to the practice of mindfulness. With no voice-over to explain what they are doing, we witness them sitting quietly with closed eyes one moment, then chasing a football or climbing a rope the next. Yet their stillness is not static, and their activity not hurried. The calm, steady pace of the film allows us to participate in the growth of self-awareness in these children and adolescents. *The Silent Glow* reveals young lives touched, puzzled and moved by questions about life itself. It thus quietly but insistently advocates another kind of education: one that values introspection and the mastery of contemplative skills as an integral part of learning how to be fully human. Anja Krug-Metzinger's documentary is not only informative, inspiring and beautifully crafted, but takes meditation out the monastery and places it firmly in the heart of the secular world.

Stephen Batchelor, author of *Buddhism without Beliefs*.

November 8, 2018